

1	自然に寄り添って暮らす	Living in tune with nature
2	自然を活かす知恵	Knowing how to make the most of nature
3	山、川、海から得る食材	Food from the mountains (forests), river, ocean
4	食の基本は自給自足	The basic approach is to make what you eat
5	手間隙かけてつくる保存食	Taking the trouble to make preserved food
6	質素な毎日の食事	Simple everyday meals
7	ハレの日はごちそう	Special days, special food
8	野山で遊びほうける	Playing and learning in nature
9	水を巧みに利用する (水を使い分ける、水を確保する)	Smart ways with water (dividing by use, securing a supply)
10	燃料は近くの山や林から	Fuel from local mountains (forests) and woods
11	家の中心に火がある	A fire at the heart of the home
12	自然物に手をあわせる	Respecting the powers of nature
13	庭の木が暮らしを支える	Trees in the garden with many everyday uses
14	暮らしを映す家のかたち	Homes that reflect a local way of life
15	一年分を備蓄する	Keeping a one-year supply on hand
16	何でも手作りする	Making everything by hand
17	直しながらていねいに使う	Mending and using carefully
18	最後の最後まで使う	Using and reusing to the end
19	工夫を重ねる	Finding better ways to get things done
20	身近に生きものがいる	Living creatures all around
21	暮らしの中に歌がある	Singing is a part of everyday life
22	助け合うしくみ	Ways to help each other
23	分け合う気持ち	A readiness to share
24	つきあいの楽しみ	Life's ups and downs, together
25	人をもてなす	Giving guests a good welcome
26	出会いの場がある	A place where there are new and familiar faces
27	祭りと市の楽しみ	The fun of festivals and markets
28	行事を守る	Taking care of customs and occasions
29	身近な生と死	Life and death up close
30	大ぜいで暮らす	Lots of people living together
31	家族を思いやる	Deep feelings for family
32	みんなが役割を持つ	Roles for everyone
33	子どもも働く	Kids doing their share of work
34	ともに暮らしながら伝える	Looking and learning under the same roof
35	いくつもの生業を持つ	One life, many livelihoods
36	お金を介さないやりとり	Trading value without money
37	町と村のつながり	Strong links between town and village
38	小さな店、町場のにぎわい	Small shops, big bustle
39	振り売り、量り売り	People going door to door and selling by weight
40	どこまでも歩く	Walking everywhere
41	ささやかな贅沢	Little luxuries
42	ちょっといい話	Hearing things you're glad to know
43	ちょうどいいあんばい	Just right
44	生かされて生きる	Feeling grateful for the gift of life